

Reframing rejection

by Ellie Middleton



It has been reported that nearly 1 in 3 ADHD'ers say that the hardest part of living with ADHD is something called Rejection Sensitive Dysphoria, or RSD. This means that an important part of learning to regulate our emotions as ADHD'ers (and otherwise neurodivergent folks - I think everybody can be prone to assuming the worst!) is finding a way to jump in and stop our brains from racing to the worst conclusions. Or, even if they do jump to those conclusions, finding ways to question them and pull ourselves out of it.

One way that we can do this is by doing some self-coaching and helping ourselves reframe our negative assumptions and find some more logical answers to what is going on.

The questions that we want to work through are:

- What thought is bothering me?
(e.g. Everyone hates me)
- What proof do I have for my thought?
(e.g. I have upset my friend by forgetting that we had plans and double booking)
- What is an opposite thought that I could choose to believe instead?
(e.g. I have friends and family that care about and love me)
- What proof do I have for that thought?
(e.g. My friend made plans with me in the first place, they have told me not to worry about it and rearranged our plans, etc etc.)

Instructions:

1. Identify the negative thought that is causing you distress
2. Evaluate the evidence supporting this thought and write it down
3. Think of an opposite, positive thought that could be true instead, write that down
4. Find evidence supporting this positive thought and write it down
5. Reflect on both sets of evidence and see how the positive thought is supported by real proof

By working through these questions, you can reframe your negative assumptions and gain a more balanced perspective on the situation.

